



## Summer/Fall 2016 Highlights

### Inside this Issue:

Asian Pacific American  
Mental Health Awareness  
Celebration

Recovery Happens 2016

Special Events and  
Trainings

Spotlight

Meet our Partners

Cultural Competency  
Excellence Award

News and Events

Meeting Schedules

**The Department of  
Behavioral Health (DBH)  
is supporting the  
Countywide Vision by  
providing behavioral  
health and alcohol and  
drug services that  
promote wellness,  
recovery and resiliency in  
the community.**

**More information on the  
Countywide Vision and  
DBH can be found at  
[www.sbcounty.gov](http://www.sbcounty.gov).**

*Customs, Heritage, Ancestry, Nationality, Gender, Equality*

# CHANGE

**Newsletter**



## Asian Pacific American Mental Health Awareness Day and May Mental Health Month Celebration

### "Celebrating Our Cultures"

*By George Hogan, Mental Health Education Consultant*

On May 13, 2016, the San Bernardino County Department of Behavioral Health's (DBH) Asian Pacific Islander (API) Awareness Subcommittee in partnership with the Asian American Resource Center (AARC) hosted the "Celebrating Our Cultures" event, in recognition of Asian Pacific American Mental Health Awareness Day and May Mental Health Month. The goal was to promote awareness through cultural activities and education.

Veronica Kelley, DBH Director, welcomed everyone to the event, which included cultural performances of dance, song and martial arts by various groups and individuals from the API community. Local community partners from the Inland Empire Health Plan (IEHP) Disability Program, the IEHP Outreach Program, Molina Health Care and the Cal-Poly Pomona Asian & Pacific Islander Student Center provided resources and information to attendees.

Thank you to all the volunteers and staff who helped make this event memorable. We look forward to seeing you again next year.

# Recovery Happens 2016

## Recovery Happens 2016 Join the Voices for Recovery: Our Families, Our Stories, Our Recovery!

By Stephanie Williams, Social Worker II, DBH Alcohol and Drug Services



Supervisor Curt Hagman; CaSonya Thomas, Assistant Executive Officer of Human Services.

The Recovery Happens event was held on Saturday, September 17 at the Cucamonga - Guasti Regional Park in Ontario, CA. Volunteers from the Department of Behavioral Health (DBH), community based organizations, and local high schools worked to make the event, with an estimated 2,000 people in attendance, a success.

There was also a multitude of vendors and entertainment. A total of 58 exhibitors and over 180 of their staff operated exhibitor booths where they shared valuable community resources and educational information. The San Bernardino County Public Health HIV (human immunodeficiency virus) Mobile Testing Unit was also in attendance and provided information about HIV, Sexually Transmitted Diseases (STDs) and rapid STD testing.

In addition to the exhibitors' valuable information, all attendees received lunch and snacks at no charge. Hamburger Patty's Catering provided 1500 lunches and PepsiCo, Coca-Cola and Frito-Lay donated soda, water and chips. Dreamy Creations distributed approximately 800 bags of kettle corn, while Kona Ice provided 600 cups of flavored shaved ice to the attendees.

Entertainment included a Chinese cultural dance, folkloric dances and live music by the San Bernardino Teen Music Workshop. Children's activities included a petting zoo, the First Five toddler zone, face painting, a children's train ride, and kid's karaoke. Other activities included a volleyball tournament, a photo area, and banner contest, which consisted of 23 banner entries.

Various community members and staff were honored in an award ceremony which included categories such as the Residential Counselor of the Year, Prevention Advocate of the Year, Outpatient Counselor of the Year, Recovery Advocate of the Year, Recovery Agency of the Year, Life Time Achievement Award and Trailblazer Award. Community members were given the opportunity to nominate a deserving person or agency for each of the categories listed.

The event was memorable for all who attended. We look forward to participating again next year.

Go recovery!





## Cultural Competency Advisory Committee Welcomes the Honorable Consul of Guatemala

By Patricia Verduzco, Social Worker



Imo Momoh, former DBH Cultural Competency Officer;  
Billy Adolfo Jose Muñoz Miranda, Consul of Guatemala;  
Veronica Kelley, DBH Director.

On Thursday, July 21, 2016, the Cultural Competency Advisory Committee (CCAC) held a special informative meeting led by the Honorable Consul of Guatemala Billy Adolfo Jose Muñoz Miranda. The event took place at the County of San Bernardino Health Services (CSBHS) Auditorium in Rialto, CA. The event was well attended by community partners, Department of Behavioral Health (DBH) staff, stakeholders and community members.

Consul Muñoz Miranda presented demographic information and the history of Guatemala. He also stated that many Guatemalans have moved to the Inland Empire (I.E.) area from Los Angeles due to economic reasons and estimated that approximately 50,000 Guatemalans currently reside in the I.E. The official language in Guatemala is Spanish but the number of individual languages currently

listed for Guatemala is twenty-seven.

The Guatemalan Consulate offers various resources to the community including assistance with immigration, VISA and passport processing, DMV paperwork, employment, healthcare, living wills and more. The Guatemalan Consulate has recently implemented a mobile unit to reach those with transportation issues.

DBH Director, Veronica Kelley and DBH Cultural Competency Officer, Imo Momoh, presented the Consul with a Certificate of Appreciation.

## Cultural Competency Advisory Committee Welcomes the Honorable Consul of Mexico

By Patricia Verduzco, Social Worker

On Thursday, October 20, 2016, The Cultural Competency Advisory Committee (CCAC) held a special informative meeting led by the Honorable Chief Consul of Mexico Enrique Salomón Rosas Ramirez. The event took place at the County of San Bernardino Health Services (CSBHS) Auditorium on E. Foothill Blvd., in Rialto, CA. The event was well attended by community partners, DBH staff, local organizations, stakeholders and community members.

According to Consul Rosas Ramirez, there are currently 1.7 million Mexican Americans residing in San Bernardino and Riverside counties, with 11 percent of the nation's 36 million Mexican Americans living in California. Therefore, the Mexican Consulate works to increase access to education and health care services for Mexican immigrants in San Bernardino and Riverside counties.

The Mexican Consulate is currently working with local universities to help increase opportunities for a college education for Mexican students through grants, scholarships and other programs that would assist in expanding educational opportunities. Rosas also spoke on improving access to health services through the Consulate's annual Binational Health Week, where various vendors set up booths outside the Consulate to provide a wide array of health services and referrals.

Thank you to the Mexican Consulate, Consul Rosas Ramirez and to all who attended this very informative committee meeting.



Consul Rosas was presented a Certificate of Appreciation by Dr. Teresa Frausto, DBH Medical Director and Justine Rangel, DBH Interim Cultural Competency Officer.



## Spirituality 101

*By George Hogan , Mental Health Education Consultant*

On Wednesday, July 27, 2016 the San Bernardino County Department of Behavioral Health's (DBH) Spirituality Awareness Subcommittee in partnership with Christian Counseling Services held "Spirituality 101." The training was conducted by Rev. William D. Roozeboom, Ph.D., Pastoral Counselor, Clergy and Congregational Services Coordinator. In attendance were DBH staff members, DBH contract providers and community partners. The objective of the training included how to distinguish the role of spirituality as a coping resource for behavioral

health clients/consumers, how spirituality can be used in the recovery process and how to identify the variety of ways spirituality and religion can be presented, especially within behavioral health settings. The training qualified for Continued Education Units (CEU) as well as Cultural Competence Training hours.

We thank Azusa Pacific University and Director Amanda Slaughter, for providing lunch for all in attendance. We also thank Azusa Pacific's Director of Clinical Psychology, Hilary Catling, for her support. The Public Information Office/Community Outreach Education (PIO/CORE) staff was on hand to provide valuable resources and information on programs and services offered through DBH.

We look forward to seeing you at any of our future trainings.

## LGBTQ Trainings: *"Gender Identity" and "LGBTQ Community Understanding"*

*By Patricia Verduzco, Social Worker*

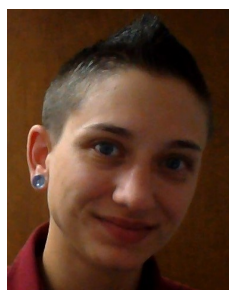
On Tuesday, May 24, 2016, the Lesbian Gay Bi-Sexual Transgender Questioning (LGBTQ) Awareness Subcommittee of the Cultural Competency Advisory Committee (CCAC) held the first of three trainings, at the One Stop TAY Center. Christopher Morton's "Gender Identity" training was intended to provide service workers and professionals with culturally competent information geared toward reducing stigma of the LGBTQ community. Objectives included the ability to demonstrate culturally competent LGBTQ inclusion, to distinguish and practice appropriate and respectful interactions with LGBTQ self-identified individuals and discuss characteristics associated with the LGBTQ populations.

On Wednesday, June 29, 2016, Ami Davis and Dolores Dickson, facilitated the second training titled "LGBTQ Community Understanding." The training defined a variety of terms and concepts related to sexual and gender issues, identified LGBTQ friendly terms and how to utilize them, and tasked participants with creating an assisted ally action plan outlining how service providers can model inclusion and non-discriminating services to LGBTQ community members.

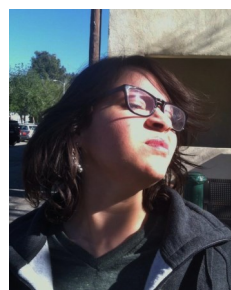
Combined attendees total for both trainings was 260. With the development of these trainings we hope to gather resources for the development of a community resource guide that will increase access to culturally appropriate services within the community and the Department of Behavioral Health.



Christopher Morton



Ami Davis



Dolores Dickson



## Cyberbullying and Latest Trends Among Youth, *A Whole New World*

By Jonathan Buffong, MPA, Mental Health Education Consultant

One of the hottest issues on school campuses today is the topic of cyberbullying. This training keyed in on some of the startling reported numbers of young people who are tormenting one another on social networking sites and across the internet, as well as the scars being left on young psyches that are deep. In April, the Office of Cultural Competence and Ethnic Services provided three (3) opportunities to learn more about this explosive topic.

At the San Bernardino Transitional Aged Youth (TAY) Center, the audience was made up of many TAY youth and TAY service providers. At the Rancho Cucamonga Resource Center there was a large contingent of DBH clinical staff and at the Hesperia Unified School District, we had a great showing up of DBH contract agency partners.

Participants listened to the interesting topic of *Cyberbullying*, presented by Clark Morrow, a San Bernardino County Deputy Sheriff who works with the Operation CleanSWEEP Program and who is one of our most decorated and heavily involved members in the International Association of School Safety Professionals. Clark also presented on the *Latest Trends Among Youth*. Throughout the presentation, Clark explained the many ways young people today can get into trouble or hurt themselves physically and emotionally, further identifying methods of self-endangerment, that because of technology and social media, seem to change daily.

The training participants received a bird's eye view of the world of the potential negative impact of the internet in the 21st century. The presentation included how gangs and gang tactics are morphing before our eyes.

Participants left these dynamic presentations enlightened, but most importantly aware of some of the issues our young adults face.



## Transitional Age Youth (TAY) *Health and Wellness Event*

By Patricia Verduzco, Social Worker

On July 13, 2016, the Department of Behavioral Health (DBH) and Children and Family Services (CFS) partnered with Transitional Age Youth (TAY) to host a Health and Wellness Event that gave youth in San Bernardino County an opportunity to meet and network with available resource agencies in the area.

TAY members voted to name the event *Healthy Mind and Healthy Body*. A total of 36 agencies from throughout the county attended the event and many provided incentives for the youth. San Bernardino County Behavioral Health Commissioner and former foster youth, Troy Mondragon gave an inspiring speech to the 173 guests.

Favorite activities of the day included a panel with youth sharing their stories in a segment titled, *It's OK to be TAY*. Other training included *Behavioral Health 101* and *Sexually Transmitted Infection (STI) Education*. The day concluded with an opportunity drawing of donated gift baskets for the attendees. One youth expressed appreciation and encouragement after having a conversation with a vendor regarding his past difficulties in obtaining employment.

Overall, it was a successful collaborative event all enjoyed.



## Diversity Film Series *Conversation Creates Consideration – Misunderstood Cultures*

By Jonathan Buffong, MPA Mental Health Education Consultant



Culture is such a strong part of our lives, often times we forget or minimize how much it influences our views, values, humor, hopes, loyalties and fears. During this past Diversity Film Series, the Office of Cultural Competence and Ethnic Services (OCCES) goal of learning and exploring the wide variety of cultural groups led us to focus on some of our perceived misunderstood cultures. As a department, we are committed to lifelong learning, stigma reduction, and take pride in not promoting cultural stereotyping or degradation and to see so many enthusiastic participants wanting to increase their knowledge was affirming of department values.

The film series session started off with Islam, Spirituality, and Mental Illness – A Factual Perspective, presented by Dr. Faisal Qazi, Adjunct Professor of Islamic Bioethics at Bayan College (Claremont Lincoln University). The group had an opportunity to cover basic questions such as: what is mental illness in the context of Islam; what is the distinction between healing and cure; what knowledge, traditions and attitudes pertaining to Islam should behavioral health professionals be aware of? The conversation that followed the video clip was rich and connected with individuals from various religions.

The next video clip was the Perspectives Of The Complexity Of Gender. This was a short, humorous, sometimes-poetic style talk that dissected gender down into digestible pieces, and left the viewer with a more complex understanding of something you thought you already knew. From the short video, participants drew the various differences between gender identity and biological sex, as well as gender expression and gender identity in a small group artwork assignment.

Finally, participants tagged along with a news van and traveled to our neighboring city and looked at PTSD From Gang Violence in LA. We learned that there is an epidemic of Post Traumatic Stress Disorder (PTSD) in American cities, and it has nothing to do with the wars being fought abroad. Homegrown violence and a sense of impunity in America's urban war zones are leaving thousands of teenagers with severe psychological trauma that stunts their emotional and cognitive development. It was fascinating to listen to the dialogue immediately following the video.

Many of the participants came to the same conclusion, we have so much more to learn when it comes to all of our cultures.

## Hispanic Heritage Month *La Gran Fiesta*

By George Hogan, Mental Health Education Consultant

Hispanic Heritage Month is celebrated on a national level annually from September 15 to October 15. In recognition of this month, the Latino Awareness Subcommittee of the Department of Behavioral Health (DBH), in collaboration with the County Library, held their annual "La Gran Fiesta" event at the Fontana Lewis Library and Technology Center on September 22, 2016.

The event drew an estimated 1,232 attendees and over 20 organizational vendors provided resources in support of mental and overall wellness. Participants engaged in crafts, face painting, balloon artistry, Latin music, and *ballet folklórico*, a traditional Mexican dance. Educational

presentations on behavioral health services were provided by Esmeralda Cervantes, DBH Community Crisis Response Team (CCRT)/Triage Engagement Support Team (TEST), and Patricia Verduzco, DBH Office of Cultural Competence and Ethnic Services (OCCES).





## Coordination of Community Trainings *Education and Awareness*

*By Jamesia Brown, MPA, Program Specialist*

The Office of Cultural Competence and Ethnic Services (OCCES) is assigned the important task of providing trainings that support the development of cultural understanding and sensitivity, while exploring how the diverse cultural needs of San Bernardino County residents are appropriately addressed and incorporated into our service delivery system. These trainings are offered to and have been well received by DBH staff, community partners and stakeholders. To help meet the increasing community training requests, OCCES works closely with the department's Community Outreach and Education Unit (CORE) to coordinate, track and fulfill training requests. In addition, CORE and OCCES staff coordinate behavioral health trainings for the community, track training outcomes and results, and conduct outreach to assess community training needs. This cooperative practice serves the purpose of streamlining the training request process to efficiently deliver trainings. Additionally, the coordination process provides measurable results that support departmental values of having a well-trained and competent workforce that is enabled to provide culturally appropriate services in all areas.



### Training courses offered include:

- Cultural Sensitivity and Cultural Awareness;
- Un Momento Por Favor;
- Mental Health First Aid- An eight (8) hour training that provides introductory knowledge on behavioral health and provides participants with an action plan to provide assistance to persons experiencing a mental health crisis;
- ASIST- Is a two (2) day, sixteen (16) hour workshop that prepares participants to provide suicide first aid interventions. ASIST teaches the Suicide Intervention Model and utilizes small group discussions and videos to support learning;
- Culture Specific Trainings in relation to mental wellness. For example: LGBTQ, Veterans, Women, Spirituality, etc.

For more information on any of these trainings, contact Jamesia Brown at (909) 388-0884 or [Jamesia.Brown@sbcounty.gov](mailto:Jamesia.Brown@sbcounty.gov).

## A Look at Postpartum Depression *Dark Side of the Full Moon*

*By Patricia Verduzco, Social Worker*

On Tuesday, August 16, 2016 the Women Awareness Subcommittee of the Cultural Competency Advisory Committee in collaboration with Morongo Tribal Temporary Assistance for Needy Families (TANF), Arrowhead Regional Medical Center (ARMC) and Children's Network held a film screening and panel discussion on, "A Look at Postpartum Depression: Dark Side of the Full Moon."



This film dove into the unseen world of maternal mental health in the United States highlighting peer-to-peer support groups, relevant policy, research, and treatment. Stories were portrayed through interviews with survivors, family members, and healthcare professionals. The film was followed by a question and answer session with Kendra Carter, ARMC Social Worker, and Lesford Duncan from Children's Network & Countywide Maternal Mental Health Work Group.

The film screening had approximately one hundred and thirty people in attendance. Many of the attendees stated they enjoyed the film, the question and answer discussion and requested to have it offered again in the future.

## Health Career Connection (HCC) *Student Internship Program*

By Aimara Freeman, MBA, Public Information Officer



Monika Gracian,  
UC Berkeley Student Intern

Health Career Connection (HCC) is a 10 week pre-health professional student summer internship program that places interns from top schools such as UC Berkeley, Stanford, Harvard and Boston University, into internships at health care organizations to gain knowledge and real world experience while contributing operational and research initiatives, fresh perspective and enthusiasm to their host organization.

Last summer, The Department of Behavioral Health's (DBH) Integrated Health Clinic Manager Dianne Sceranka, hosted HCC intern Monika Gracian, an undergraduate public health major entering her senior year at UC Berkeley. Under Dianne's guidance and leadership, Monika was tasked with researching and developing a pilot wellness program to encourage a healthy and active lifestyle in DBH's consumers, as an important contributor to positive mental health. During the 10-week program, Monika conducted a variety of research studies and utilized surveys and evaluations from local San Bernardino County schools. Monika concluded her research by presenting a detailed guidebook for a pilot

Wellness Program for DBH Clubhouses. The implementation phase of the project is currently in discussion.

Both Dianne and Monika provided positive feedback on the experience. "Monika came to DBH ready to learn, with a contagious enthusiasm that delivered exceptional results," said Dianne Sceranka. In her final summary of the internship, Monika wrote that the "experience was truly life changing." Monika also commented that the experience gave her a new awareness of the need for health care services in the Inland Empire (I.E.) and the desire to pursue a career in the I.E. after graduation.

The experience proved to be notable and beneficial for all involved and for those we serve. For more information on DBH student internship programs, contact Susan Abito at Susan.Abito@dbh.sbcounty.gov or (909) 252 - 4045.

## DBH Values Diversity *Department Diversity Committee (DDC)*

By Aimara Freeman, MBA, Public Information Officer

In November of 2015, DBH established an internal Department Diversity Committee (DDC) to celebrate diversity, inclusion and awareness of different cultural in the workforce and to address retention strategies, succession planning and the building of a multicultural and multilingual workforce, as recommended of the Equal Opportunity Commission (EOC).

A total of fifteen (15) DDC's are currently active throughout various San Bernardino County departments.

DBH's DDC meetings take place bi-monthly and members include staff from the Office of Cultural Competency and Ethnic Services, Administrative Services, Outpatient Clinics, Alcohol and Drug Services, Medical Services, the Office of Compliance, Program Support Services, Quality Management, and Workforce Education and Training.

Through DDC's, DBH and other San Bernardino County departments are working toward the Countywide Vision of *a complete county that capitalizes on the diversity of its people, its geography, and its economy to create a broad range of choices for its residents in how they live, work, and play.*



For more information on the Countywide Vision, visit [www.SBCounty.gov](http://www.SBCounty.gov).



## Meet our Partner **Native American Resource Center**

By Patricia Verduzco, Social Worker



The Native American Resource Center functions as a one-stop center for the Native American community. The Center provides culturally-based services, including outreach and education, family support, parenting, youth empowerment, healthy choice prevention activities, talking circles, drumming circles, workforce development and education assistance.

The center offers various classes that promote mental health/substance abuse awareness as well as cultural awareness. These holistic centered activities focus on Physical, Spiritual, Emotional, and Mental wellness. Events held promote cultural awareness to other ethnicities about the Native American heritage. Workshops include cultural storytelling and song and dance as forms of

communication. The Talking Circle activity gives families an opportunity to share their struggles with other Native American families. All behavioral health prevention and early intervention services and family supportive services are provided in a culturally relevant context.

For more information on the Native American Resource Center, visit [www.rsbcih.org](http://www.rsbcih.org).

## Native American Heritage Month **The Four Directions of Wellness**

By George Hogan, Mental Health Education Consultant

In recognition of Native American Heritage Month, the Native American Awareness Subcommittee of the Department of Behavioral Health in collaboration with the County Library and Riverside-San Bernardino County Indian Health Inc., Native American Resource Center, held their annual "Native American Heritage Month" event at the Fontana Lewis Library and Technology Center on November 8, 2016.

The event drew an estimated 1,088 attendees and sixteen organizational vendors that provided County wide information on services and resources that support mental and overall wellness.

Children were treated to storytelling by Paakuma of the San Manuel Tribe and Native American arts and crafts workshops. Children also learned about the "The Four Directions of Wellness," emphasizing the importance of emotional, physical, mental and spiritual health.

Saul Allen, Morongo Tribal Temporary Assistance For Needy Families (TANF), gave the opening prayer over the event. Cultural performances were provided by Bird Singers, White Rose Singers of Sherman Indian High School, and the Bear Spring Singers. Marcelina Shackelford of the Native American Resource Center, provided information about the Community Health Worker (CHW) Program.

The Native American Awareness Subcommittee looks forward to the continued collaboration with our community partners in providing education on the Native American culture.



# Cultural Competency Excellence Award Winners

## What does it mean to be Culturally Competent?

### 2016 First Quarter Recipient

*Chris is a very giving and uplifting person. Chris always takes time to go out of his way to help fellow veterans find their way through the VA system, walks them to their appointments, advocates for them, stands by them and supports them. He may meet a veteran in the community who needs help and he takes his time to take the person under his wing and supports them while they get the assistance they need. Chris also does this with anyone he meets in the community. He is willing to help anyone, though veterans have a very special place in his heart; he stops to take the time to listen to people when they need to talk or vent; he always has a smile for everyone he encounters; and he does this everyday regardless of what he is dealing with for the day in his own life.*

~ Chris Williams, Peer Support Volunteer  
Veterans Administration Hospital Loma Linda



From left to right: Jonathan Buffong, OCCES; Monica Wilson, Ph.D.; Chris Williams, award recipient; CaSonya Thomas, former DBH Director; John Futch, former Field Representative for Third District.

### 2016 Second Quarter Recipient

*"Cultural competency is being open to learn about and embrace others; to understand what they bring and who they are as a person (beliefs, attitudes, behaviors, experiences, etc.); to not assume, but be receptive—and with respect—develop a collaborative relationship that allows us to work together towards a common goal. I believe that one can never say that one is fully culturally competent—there is always something to learn and to embrace."*

~ Gabriela Layseca, M.S., MFT  
Ontario-Montclair School District Counseling Center



From left to right: Imo Momoh, former DBH Cultural Competency Officer; Monica Wilson, Ph.D.; Gabriela Layseca, award recipient; Veronica Kelley, DBH Director.

### 2016 Third Quarter Recipient

*"I believe cultural competence begins with an open awareness or consciousness of our personal reactions to people who are different than ourselves. It is important to examine our own beliefs and values related to cultural differences and to remain a "learner" in our travels of life. Rather than stereotype, we should seek knowledge and understanding of others and how these diversities actually create an exciting world. Most important, it is to treat everyone with dignity and respect, and as we engage with others, do the most we can to show we care about their experience and who they are."*

~ Michael Sweitzer, Program Manager- Hospital Based Services



From left to right: Sarah Eberhart-Rios, DBH Assistant Director; Monica Wilson, Ph.D.; Justine Rangel, Interim DBH Cultural Competency Officer; Michael Sweitzer, award recipient; Veronica Kelley, DBH Director.

### 2016 Third Quarter Recipient

*"Being culturally competent means approaching each individual as an individual and striving to understand their personal perspective."*

~ Abdul-Hakim Day, Field Training Officer  
Central Adult Mental Health Unit- TAY Center



From left to right: Monica Wilson, Ph.D.; Justine Rangel, Interim DBH Cultural Competency Officer; Officer Abdul-Hakim Day, award recipient; Veronica Kelley, DBH Director.



## Look Out for the OCCES Roadshow.... *Coming to a Program Near You!*

By George Hogan, Mental Health Education Consultant

On Thursday, March 31, 2016 the staff of the Office of Cultural Competence and Ethnic Services (OCCES) Roadshow made its first official stop. OCCES staff, George Hogan and Jonathan Buffong were met by the enthusiastic and engaged staff of the Homeless Outreach Support Team (HOST). A brief overview of the functions of the OCCES were presented along with cultural activities and opportunities with the OCCES Subcommittees.

Michael Sweitzer, Acting Program Manager II for HOST, gave a strong personal testament on his experience in engaging with the Co-Occurring and Substance Abuse Awareness Subcommittee (COSAC). Michael talked openly about his own cultural identity and the benefits in working with groups that you are passionate for, as well as those groups you may just want to learn more about. The group began to see how additional resources, connections and opportunities to develop personal leadership can make oneself a more effective staff member and a more culturally competent person. Michael encouraged his staff to consider attending any of the twelve (12) cultural-specific Awareness Subcommittees that meet on a monthly basis.

Representatives from all the subcommittee come together monthly at the Cultural Competency Advisory Committee (CCAC) meeting, held every third Thursday of the month from 1:00 pm - 2:30 pm at the County of San Bernardino Health Services Building (CSBHS). For more information on the CCAC meeting, email [aidery.hernandez@dbh.sbcounty.gov](mailto:aidery.hernandez@dbh.sbcounty.gov) or call (909) 386-8223. Meeting schedules are also located on the back page of this newsletter.



## The 2017 Directing Change Program and Film Contest

By Lana Frausto, Peer and Family Advocate



San Bernardino and Riverside Counties are collaborating efforts to promote the *Directing Change and Film Contest*. The contest is part of Each Mind Matters, California's Mental Health Movement and other statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and to promote the mental health and wellness of students.

The contest tasks students and young adults to produce a 60 - second public service announcement (PSA) in the following categories: Suicide Prevention; Mental Health Matters and Through the Lens of Culture. Producers of the PSA's are eligible to receive cash prizes. Many of the PSA's will be used to raise awareness and help young people across California and beyond.

**Directing Change is now accepting submissions.**

**The deadline to submit a film is March 1, 2017.**

For more information, contest rules and educational resources, visit <http://www.directingchange.org/>.



## Cultural Competency Advisory Culture Specific Subcommittees, 2015 NACO Award Winner

### Cultural Competency Advisory Committee

**3rd Thursday of the month**

**1:00 p.m.-2:30 p.m.**

**San Bernardino County Health Services (CSBHS)- Auditorium**

Contact: [aidery.hernandez@dbh.sbcounty.gov](mailto:aidery.hernandez@dbh.sbcounty.gov)

#### Asian Pacific Islander Awareness Subcommittee

2nd Friday of the month

10:00 a.m. - 11:30 a.m.

Asian-American Resource Center

Contact: [ghogan@dbh.sbcounty.gov](mailto:ghogan@dbh.sbcounty.gov)

#### Latino Awareness Subcommittee

4th Thursday of the month

10:00 a.m. - 11:30 a.m.

Mexican Consulate, San Bernardino

Contact: [patricia.verduzco@dbh.sbcounty.gov](mailto:patricia.verduzco@dbh.sbcounty.gov)

#### Transitional Age Youth (TAY) Awareness Subcommittee

3rd Tuesday of the month

11:00 a.m. - 12:00 p.m.

TAY One Stop Center- San Bernardino

Contact: [jonathan.buffong@dbh.sbcounty.gov](mailto:jonathan.buffong@dbh.sbcounty.gov)

#### Co-Occurring and Substance Abuse Awareness Subcommittee (COSAC)

3rd Thursday of the month

3:00 p.m. - 4:30 p.m.

EMQ- Families First

Contact: [ghogan@dbh.sbcounty.gov](mailto:ghogan@dbh.sbcounty.gov)

#### LGBTQ Awareness Subcommittee

4th Tuesday of the month

12:30 p.m. - 1:30 p.m.

DBH Administration - 303 E. Vanderbilt Way

Contact: [patricia.verduzco@dbh.sbcounty.gov](mailto:patricia.verduzco@dbh.sbcounty.gov)

#### Veterans Awareness Subcommittee

1st Monday of the month

3:00 p.m. - 4:30 p.m.

DBH Administration - 303 E. Vanderbilt Way

Contact: [jonathan.buffong@dbh.sbcounty.gov](mailto:jonathan.buffong@dbh.sbcounty.gov)

#### Disabilities Awareness Subcommittee

3rd Wednesday of the month

10:00 a.m. - 11:30 a.m.

For location details please send email.

Contact: [jrangel@dbh.sbcounty.gov](mailto:jrangel@dbh.sbcounty.gov)

#### Native American Awareness Subcommittee

3rd Tuesday of the month

2:00 p.m. - 3:30 p.m.

Native American Resource Center

Contact: [patricia.verduzco@dbh.sbcounty.gov](mailto:patricia.verduzco@dbh.sbcounty.gov)

#### Women Awareness Subcommittee

4th Wednesday of the month

1:00 p.m. - 2:00 p.m.

DBH Administration - 303 E. Vanderbilt Way

Contact: [patricia.verduzco@dbh.sbcounty.gov](mailto:patricia.verduzco@dbh.sbcounty.gov)

#### African American Awareness Subcommittee

3rd Monday of the month

2:00 p.m. - 3:30 p.m.

For location details please send email.

Contact: [jonathan.buffong@dbh.sbcounty.gov](mailto:jonathan.buffong@dbh.sbcounty.gov)

#### Spirituality Awareness Subcommittee

2nd Tuesday of the month

1:00 p.m. - 2:30 p.m.

DBH Administration - 303 E. Vanderbilt Way

Contact: [jrangel@dbh.sbcounty.gov](mailto:jrangel@dbh.sbcounty.gov)

#### Consumer and Family Members Awareness Subcommittee

4th Monday of the month

2:00 p.m. - 3:00 p.m.

Pathways to Recovery Clubhouse

Contact: [lross@dbh.sbcounty.gov](mailto:lross@dbh.sbcounty.gov)

\* For all numbers listed, please dial 7-1-1 for TTY users

#### Community Policy Advisory Committee (CPAC)

3rd Thursday of the month; 9:00 a.m. - 11:00 a.m.  
San Bernardino County Health Services Auditorium  
850 E. Foothill Blvd., Rialto, CA

**(909) 252-4021**

#### Cultural Competency Advisory Committee (CCAC)

3rd Thursday of the month; 1:00 p.m. - 2:30 p.m.  
San Bernardino County Health Services Auditorium  
850 E. Foothill Blvd., Rialto, CA

**(909) 386-8223**

**OCCES Location: 303 E. Vanderbilt Way, San Bernardino, CA 92415**

**(909) 386-8223**

**[cultural\\_competency@dbh.sbcounty.gov](mailto:cultural_competency@dbh.sbcounty.gov)**